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I claim:

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1. A method for treating an allergy reaction in a mammal comprises administering to the mammal an anti-allergic effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

2. The method of claim 1, wherein the allergy is selected from the group consisting of allergic rhinitis, urticaria, drug sensitivity and food sensitivity.

3. The method of claim 1, wherein another active ingredient is administered with said peptide, said ^{another} active ingredient being selected from the group consisting of anti-leukotrienes, beta₂ agonists and corticosteroids.

4. A method for treating cutaneous inflammation in a mammal, the method comprising administering to the mammal an anti-inflammatory effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

5. The method of claim 3, wherein the cutaneous inflammation is selected from the group consisting of dermatitis, eczema, psoriasis, contact dermatitis, sunburn and aging.

6. The method of claim 4, wherein another active ingredient is administered with said peptide, said active ingredient being selected from the group consisting of anti-leukotrienes, beta₂ agonists and corticosteroids.

7. A method for treating arthritis selected from the group consisting of osteoarthritis, psoriatic arthritis, lupus and spondylarthritis, the method comprising administering to the mammal an anti-arthritic effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

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8. The method of claim 7, wherein another active ingredient is administered with said peptide, said active ingredient being selected from the group consisting of anti-leukotrienes, beta₂ agonists and corticosteroids.

9. A method for treating chronic obstruction pulmonary disease in a patient, said method comprising administering to said patient a therapeutically effective amount of a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

10. The method of claim 9, wherein another active ingredient is administered with said peptide, said active ingredient being selected from the group consisting of anti-leukotrienes, beta₂ agonists and corticosteroids.

11. A method for treating chronic inflammatory bowel disease in a patient, said method comprising administering to said patient a therapeutically effective amount of a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

12. The method of claim 11, wherein another active ingredient is administered with said peptide, said active ingredient being selected from the group consisting of anti-leukotrienes, beta₂ agonists and corticosteroids.

13. A method for inhibiting the infiltration of eosinophils into airways of a patient, said method comprising administering to said patient a airway eosinophil infiltration inhibiting effective amount of a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

14. A method for inhibiting the mucous release into airways of a patient, said method comprising administering to said patient a airway mucous release inhibiting effective amount of a peptide having the formula f-Met-Leu-X,

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wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

15. A method for blocking IgE activation of a lymphocyte, the method comprising contacting said lymphocyte with an IgE activation blocking effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

16. The method of claim 15, wherein the lymphocyte is selected from the group consisting of macrophage, monocyte, eosinophil, neutrophil and TNF.

17. A method for stabilizing the cell membrane of a lymphocyte, thereby preventing their further involvement in the increased inflammatory response to an IgE antigen challenge, the method comprising contacting said lymphocyte with an cell stabilization effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

18. The method of claim 17, wherein the lymphocyte is selected from the group consisting of macrophage, monocyte, eosinophil, neutrophil and TNF.

19. A method for inhibiting the migration of T-cells, the method comprising contacting said T-cells with a T-cell migration inhibiting effective amount of a peptide having the formula f-Met-Leu-X where X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

20. The method of claim 19, wherein the T-cell is a CD4⁺ cell.

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